



## Black Bean Cakes with Queso Fresco

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



344 kcal

### Ingredients

- 0.5 teaspoon double-acting baking powder
- 0.3 teaspoon pepper black freshly ground
- 3 cups black beans canned cooked drained
- 2 eggs
- 0.3 cup flour all-purpose plus more if needed
- 1 tablespoon cilantro leaves fresh minced
- 2 tablespoons garlic minced
- 2 tablespoons olive oil extra virgin extra-virgin
- 0.3 cup queso fresco crumbled (pasteurized)

- 0.3 cup onion red minced
- 1 cup salsa
- 0.3 teaspoon salt

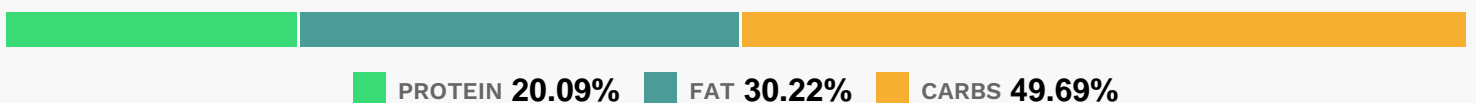
## Equipment

- bowl
- frying pan
- baking sheet
- oven
- whisk

## Directions

- Preheat oven to 37
- Place beans in a large bowl; mash lightly with a fork.
- Add eggs and cheese; whisk with fork until combined.
- Heat oil in a small skillet over medium-high heat. When hot, stir in onion and garlic; cook until onion is soft and golden (2-3 minutes), stirring frequently. Stir in cilantro; remove from heat.
- Add flour, baking powder, salt, and pepper (taking into account how well-seasoned your beans were initially) into bowl with beans.
- Add onion mixture; stir with fork just until combined. (The consistency should be like thick cookie dough. If not, add a bit of flour).
- Coat a baking sheet with cooking spray, and set aside. Using a large spoon or your hands, form bean mixture into 8 cakes; place onto prepared pan.
- Bake until golden and crisp (about 30 minutes); serve hot or at room temperature with salsa and cilantro, if desired.

## Nutrition Facts



## Properties

Glycemic Index:79.5, Glycemic Load:10.84, Inflammation Score:-8, Nutrition Score:18.956086822178%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 2.15mg, Quercetin: 2.15mg, Quercetin: 2.15mg, Quercetin: 2.15mg

## Nutrients (% of daily need)

Calories: 344.27kcal (17.21%), Fat: 11.84g (18.21%), Saturated Fat: 2.85g (17.83%), Carbohydrates: 43.79g (14.6%), Net Carbohydrates: 30.9g (11.24%), Sugar: 3.22g (3.58%), Cholesterol: 87.1mg (29.03%), Sodium: 715.98mg (31.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.7g (35.41%), Folate: 222.08µg (55.52%), Fiber: 12.89g (51.57%), Manganese: 0.8mg (40.16%), Phosphorus: 302.97mg (30.3%), Vitamin B1: 0.42mg (28.24%), Magnesium: 108.62mg (27.15%), Iron: 3.94mg (21.91%), Potassium: 707.23mg (20.21%), Selenium: 13.63µg (19.48%), Copper: 0.36mg (17.97%), Vitamin B6: 0.31mg (15.61%), Vitamin B2: 0.26mg (15.1%), Calcium: 149.38mg (14.94%), Zinc: 2.18mg (14.51%), Vitamin E: 2.07mg (13.83%), Vitamin A: 507.99IU (10.16%), Vitamin B3: 1.9mg (9.51%), Vitamin B5: 0.88mg (8.81%), Vitamin K: 7.73µg (7.36%), Vitamin B12: 0.32µg (5.4%), Vitamin D: 0.65µg (4.31%), Vitamin C: 3.25mg (3.94%)